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What is Claimed is:

1. A patient contacting assembly, comprising:
a patient contacting member including a first surface adapted to overly a portion of a patient and a second surface;
an adhesive disposed on the first surface and adapted to secure the first surface to a surface of such a patient; and
a channel defined through the patient contacting member from the second surface to the first surface, the channel including a receiving end proximate the second surface, enabling a release fluid to be introduced into the channel, and a delivery end proximate the first surface, enabling such a release fluid to be dispensed from the channel and disposed between the first surface and a surface of a patient to which the patient contacting member is adhered.

2. The patient contacting assembly according to claim 1, wherein the adhesive is a hydrogel adhesive disposed on the first surface or a surface of a patient.

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3. The patient contacting assembly according to claim 1, wherein the channel includes multiple branches emanating from the channel to disperse the release fluid over an area for the first surface

Fig 5B

4. The patient contacting assembly according to claim 1, wherein the patient contacting member includes a stem disposed on the second surface, and wherein the channel is defined in at least a portion of the stem.

5. The patient contacting assembly according to claim 4, wherein the stem is integral with the patient contacting member.

6. The patient contacting assembly according to claim 1, further comprising an electrode provided on the first surface of the patient contacting member.

7. The patient contacting assembly according to claim 1, further comprising means, associated with the patient contacting member, for applying a distending force on a surface of a patient to which the patient contacting member is adhered.

8. The patient contacting assembly according to claim 1, wherein the contacting member is defined, at least in part, by a substantially rigid material.

9. A patient contacting assembly comprising:
a patient contacting member including a first surface adapted to overly a portion of a patient and a second surface;
adhering means for securing the first surface to a surface of such a patient;
and

releasing means for delivering a release fluid between the first surface and a surface of a patient to which the patient contacting member is adhered.

10. The patient contacting assembly according to claim 9, wherein the adhering means is a hydrogel adhesive.

11. The patient contacting assembly according to claim 9, further comprising means, associated with the patient contacting member, for applying a distending force on a surface of a patient to which the patient contacting member is adhered.

12. A method of selectively attaching a patient contacting assembly to a surface of a patient and detaching same, comprising:

providing a patient contacting member having a first surface and a second surface;

providing an adhesive on the first surface, a surface of a patient to which the patient contacting assembly is to be attached, or both;

securing the patient contacting member to a surface of a patient by contacting the first surface to a surface of the patient with the adhesive disposed therebetween; and

delivering a release fluid to a channel defined in the patient contacting member, wherein the channel is configured and arranged to dispense the release fluid from

the channel between the first surface and a surface of a patient to which the patient contacting member is adhered.

13. The method according to claim 12, wherein delivering a release fluid includes injecting a solvent adapted to reduce a bonding strength of the adhesive into the channel as the release fluid.

14. The method according to claim 13, wherein the adhesive is a hydrogel adhesive, and wherein delivering a release fluid includes injecting water or a saline solution into the channel as the release fluid.

15. The method according to claim 12, wherein the patient contacting member includes a stem disposed on the second surface with the channel being defined in at least a portion of the stem, and wherein delivering a release fluid includes injecting the release fluid into the stem.

16. The method according to claim 12, wherein delivering a release fluid includes injecting the release fluid via a syringe into the channel.

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